

Count: 64

Wall: 2

Level: intermediate

Choreographer: Jan Wyllie

Music: The Sweet Escape by Gwen Stefani

INTRO

SIDE SHUFFLE, ROCK RETURN, ½ SHUFFLE, ROCK RETURN

1&2-3-4 Side shuffle right stepping right, left, right, rock/step back on left, rock forward on right

5&6-7-8 Shuffle forward left, right, left making ½ right, rock/step back on right, rock forward on left

½ SHUFFLE, ROCK RETURN, VINE LEFT TOUCH

9&10-11-12 Shuffle forward right, left, right making ½ left, rock/step back on left, rock forward on right

13-14-15-16 Vine left stepping left, right, left touch right beside left

17-32 Repeat above 16 counts and start the main dance

THE MAIN DANCE

HEEL JACK, CLAP CLAP, HEEL JACK, CLAP CLAP

&1&2 Step back on right, touch left heel forward, step back on left, touch right behind left (heel jack)

3-4 Slap your thighs twice, or clap hands twice

&5-8 Repeat first 4 counts

SHUFFLE BACK, COASTER, STEP LOCK STEP, SIDE STEP

9&10-11&12 Shuffle back right, left, right, coaster back stepping left, right, left

13-14-15-16 Step forward on right, lock/step left behind right, step forward on right, step left to left

& ACROSS SIDE, ROCK &ACROSS, ¼ ROCK RETURN, ¾ TURN

&17-18 Step right beside left, step left across right, step right to right

19&20 Rock weight sideways onto left, step right beside left, step left across right

21-22 Making ¼ right rock/step forward on right, rock back on left

23-24 Making ½ right step forward on right, making ¼ right step back on left (now facing front)

½ SHUFFLE, ROCK RETURN, ROCK RETURN, ½ ROCK RETURN, &HEEL &STEP FORWARD

25&26-26-28 Making ½ right shuffle forward right, left, right, rock/step forward on left, rock back on right

29-30 Making ½ left rock/step forward on left, rock back on right

&31&32 Step back on left, touch right heel forward, step right beside left, step forward on left

WALK WALK, STEP BACK/KICK, STEP FORWARD, STEP PIVOT ¼, & SIDE TOE STRUT

33-34-35-36 Walk forward right, left, rock/step back on right while lifting left, step forward on left

37-38&39-40 Step forward on right, pivot ¼ left, step right beside left, touch left toe to left, step left heel down

& SIDE TOE STRUT, &SIDE ROCK RETURN, BEHIND SIDE FORWARD, STEP PIVOT ¼

&41-42 Step right beside left, touch left toe to left, step left heel down

&43-44 Step right beside left, rock/step left to left, rock/return weight to right

45&46-47-48 Step left behind right, step right beside left, step forward on left, step forward on right, pivot ¼ left

CROSS SHUFFLE, ½ TURN, FORWARD ROCK RETURN, TOE STRUT BACK

49&50 Cross/shuffle left stepping right, left, right

51-52 Step back on left making ¼ right, making ¼ step right to right

53-54-55-56 Rock/step forward on left, rock back on right, step left toe back, drop left heel to floor

& SIDE ROCK RETURN, ¼ COASTER, STEP PIVOT ¼, STOMP HOLD

&57-58 Step right beside left, rock/step left to left, rock/return weight to right

59&60 Step left behind right, making ¼ left step right beside left, step forward on left

61-62 Step forward on right, pivot ¼ left transferring weight to left

63-64 Stomp right beside left, hold

REPEAT